

[About us](#) [Contact us](#) [Products](#) [Home](#)



About Herbs and Nutrition

[Echinacea](#)

[Ginseng](#)

[Ginkgo](#)

[Milk thistle](#)

[St. John's wort](#)

[Saw palmetto](#)

[Bay](#)

[Bilberry](#)

[Black cohosh](#)

[Licorice](#)

[DHEA](#)

[Royal Jelly](#)

[Garlic](#)

All About Dang Gui:

An Introduction

"The Lady's Ginseng."

What is Dang Gui?

Family: Umbelliferae

Genus and Species: Angelica sinensis

Angelica sinensis, a.k.a. Chinese angelica, Dang Gui or is a perennial herb that grows to about 3 feet high and flowers in August-September. The root of Angelica sinensis is a well-known Chinese herb that has been used in the treatment of female ailments in China and Korea for thousands of years. Dang Gui's root, a tonic is second only to Panax ginseng, and it is particularly known for its 'blood tonic' effects on women. Dang Gui contains a large quantity of vitamin B12 and vitamin E, and biotin, ferulic acid, nicotinic acid, butylidenephthalide, ligustilide, folic acid, selenic acid, carotene, beta-sitosterol, sesquiterpenes, and carvacrol. For a rather complete account for Dang Gui's chemical composition, see the USDA medicinal plant database, Dr. James Duke.

-Therapeutic Actions:

The root of Angelica sinensis is alterative, analgesic, anticholesterolemic, anti-inflammatory, antispasmodic, emmenagogue, emollient, hepatic, laxative, sedative and vasodilator [ref]. It is commonly used in the treatment of a wide range of women's complaints where it regulates the menstrual cycle and relieves period pain and also to ensure a healthy pregnancy and easy delivery. Dang Gui's pharmacologically active ingredients can be grouped into two distinctive components: the water-soluble volatile component, and the alcohol-soluble component (essential oil). While the former stimulates the uterus, the latter inhibits or relaxes the uterus.

Dang Gui lowers blood pressure, slows heart rate, reduces respiratory rate, dilates coronary vessels and increases coronary blood flow. In animal experiments, Dang Gui has been shown to have immuno-boosting, anti-inflammatory, and anti-bacterial effects. Dang Gui also lowered blood cholesterol level in experimental animals, reducing the atherosclerosis formation, and prolonged life span. Angelica sinensis has been very popularly used in the treatment of women's discomforts. When administered for menstrual

The information provided at DreamPharm.com is for educational purposes only and is not intended for self-diagnosis nor self-treatment of conditions managed by a qualified health care provider. Unless otherwise indicated, research, ailments and product information have not been evaluated by the Food and Drug Administration ("FDA").

Copyright & Disclaimer - © DreamPharm.com

New Registration

Sign In

[Search](#) || [Site Map](#) || [Security & Privacy](#) || [Legal](#) || [Home](#) || [About Us](#) || [Contact Us](#) || [Herb Research](#)
[Related Links](#) || [E-Mail Us](#) || [Top of Page](#)